

Suicide Prevention:



Taking Action-

Suicide: A Serious Public Health Threat

- **A National Problem**
- **A Military Problem**
- **For over 10 years suicide was the second or third leading cause**



th for Navy



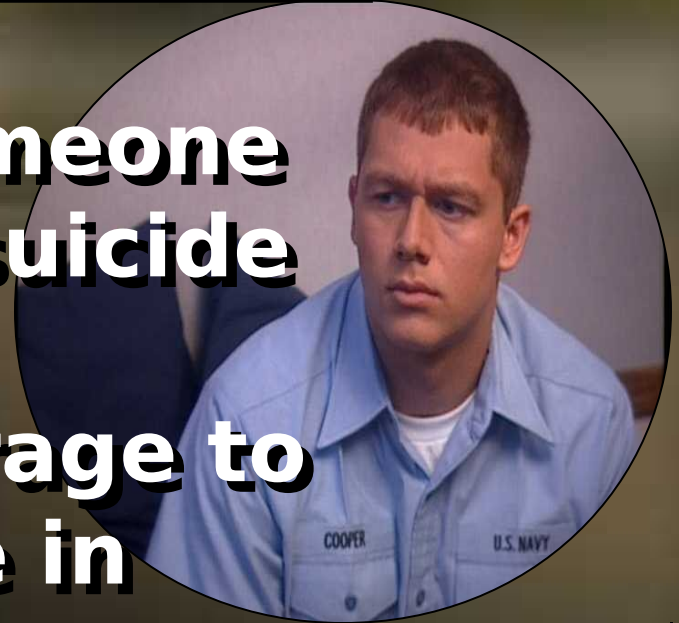
Suicide Model*



*David Shaffer, M.D., Columbia U.

First Responders

- Recognize someone is at risk for suicide
- Have the courage to help someone in need
- First Responders can be anyone



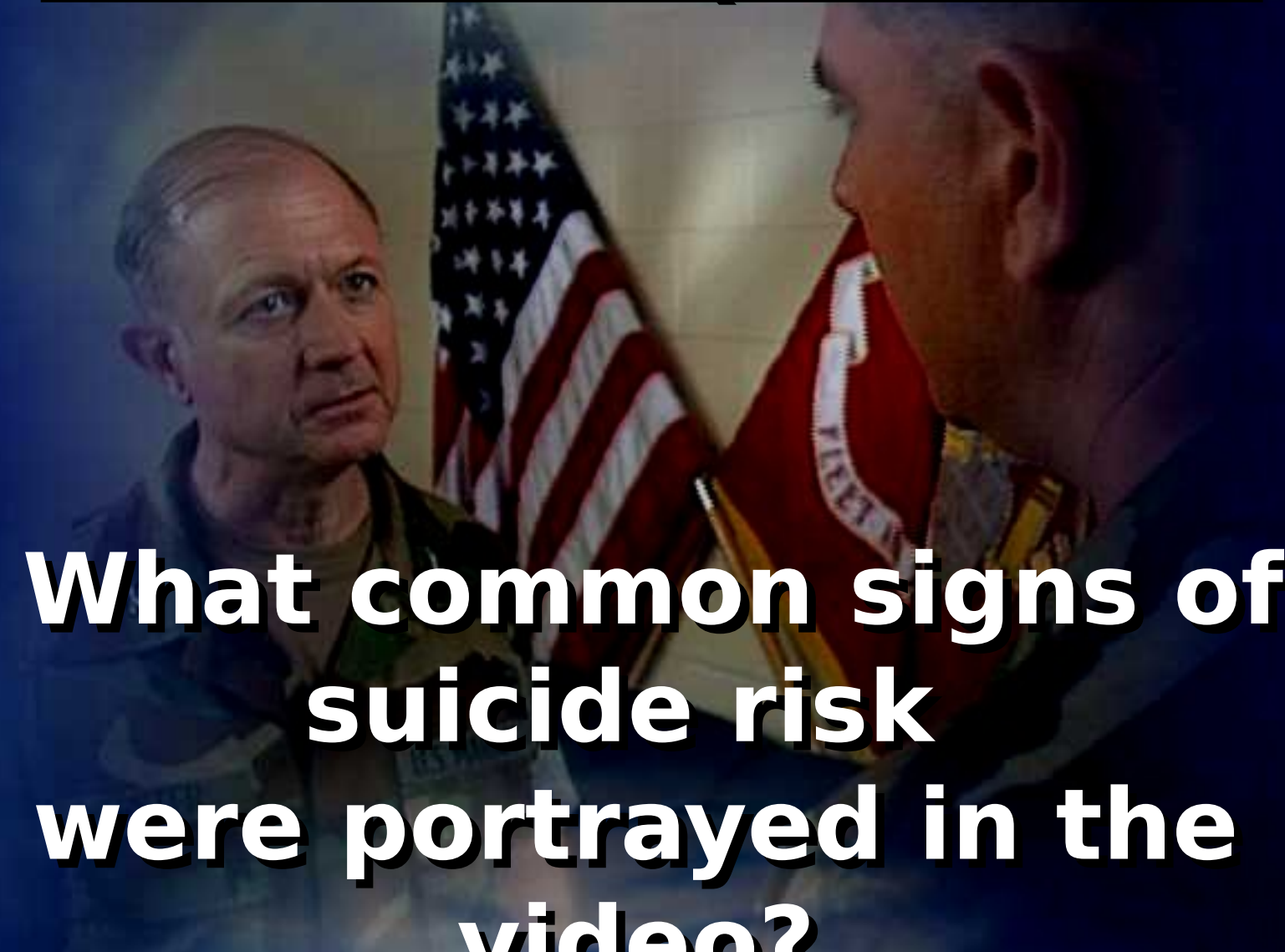
Suicide Prevention Training Objectives

- Describe warning signs of suicide
- Identify protective factors
- Use acronym AID LIFE to recall 7 action steps
- Discuss positive characteristics of FIRST RESPONDERS
- Identify local resources for help and support

About the Video Training

- Navy & Marine Corps Project
- Typical situations
- Warning signs of suicide
- First responders taking action

Discussion Question 1

A photograph of two men in military uniforms. The man on the left is older, with thinning hair, looking towards the right. The man on the right is younger, seen in profile, looking towards the left. They are standing in front of an American flag. The background is slightly blurred.

**What common signs of
suicide risk
were portrayed in the
video?**

Risk Factors & Common Signs

KEY RISK FACTORS:

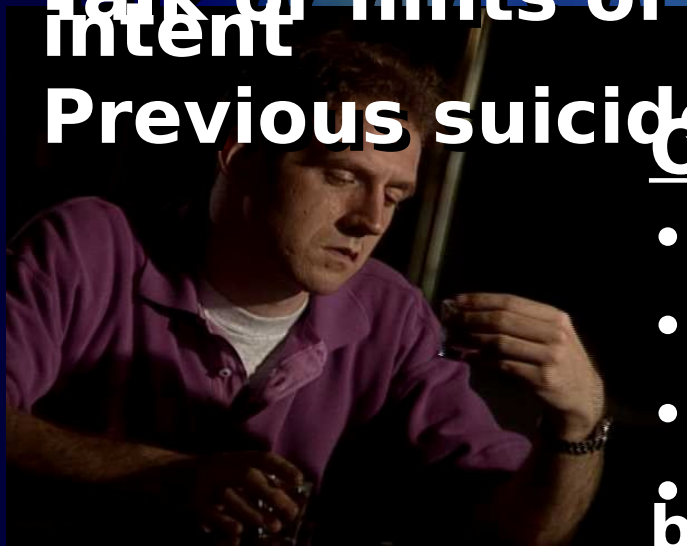
Depression/Substance abuse

Talk or hints of suicide intent

Previous suicide attempt

Other Common Signs

- **Preoccupation with death**
- **Giving away possessions**
- **Relationship difficulties**
- **Impulsive anger and behavior**
- **Legal or financial trouble**
- **Isolation or withdrawal**
- **Performance difficulties**



Strengthen Protective Factors

- **Unit cohesion/ camaraderie/ support**
- **Good access to assistance services & early intervention by command**
- **Healthy lifestyle promotion**
- **Effective problem-solving skills**
- **Positive attitude about getting help**



Discussion Question 2



**What positive steps did
the
First Responders take?**

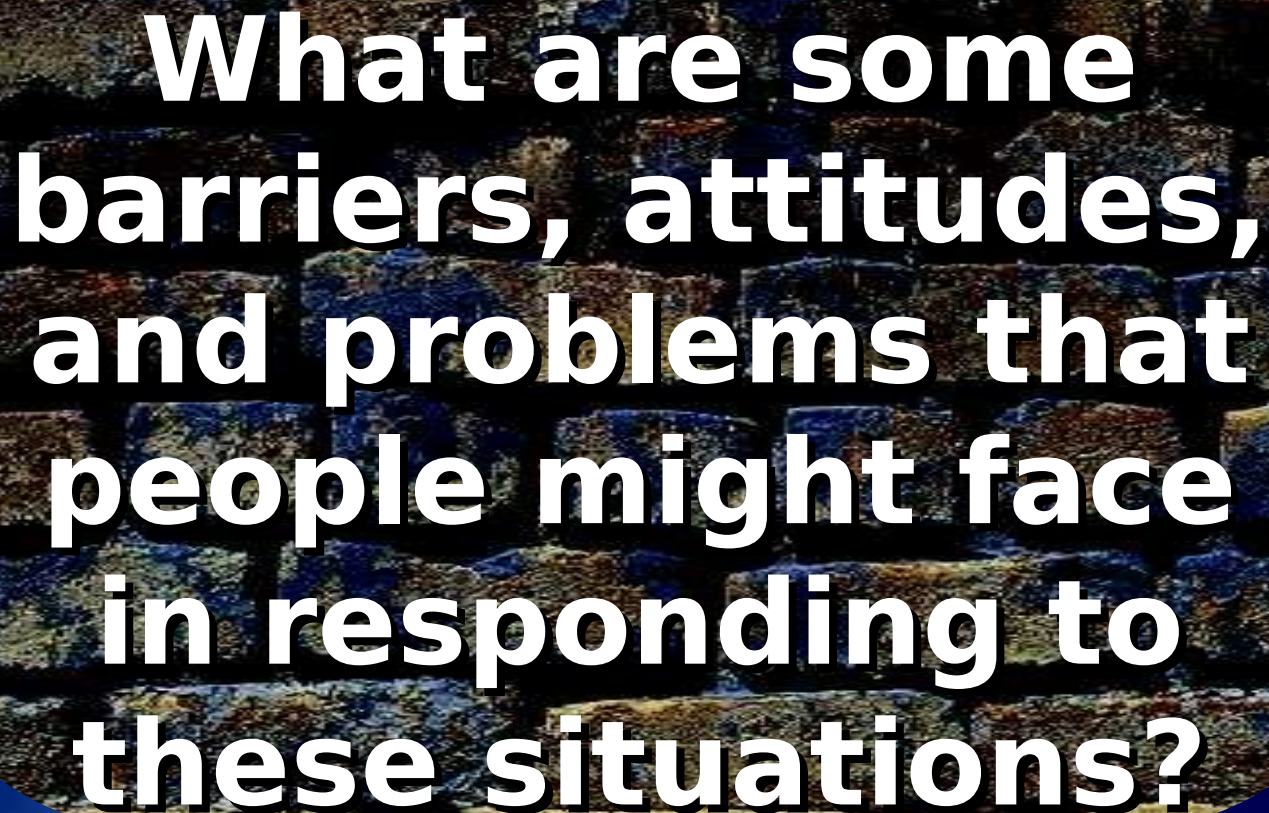
Positive Steps of First Responders

- Took responsibility for taking care of a Shipmate or fellow Marine
- Knew it was OK to help
- Listened
- Acted immediately
- Sought assistance from Chain of Command



Discussion

Question 3

A photograph of a stone wall with a large, irregular opening in the center. The wall is constructed from dark, rough-hewn stones. The opening in the wall is a jagged, irregular shape, suggesting a breach or a path through a barrier. The background behind the wall is a bright, hazy blue sky with some clouds. The overall image conveys a sense of overcoming obstacles and barriers.

What are some barriers, attitudes, and problems that people might face in responding to these situations?

Discussion Question 4

**What helping
resources did you see
in the video?**

Possible Local Resources

Family Service Centers

Marine Corps Community Services

Mental Health Services

Medical Services

Chaplains

Marriage and Family Counselors

Substance Abuse Counselors

Financial Advisors



Ask

Intervene Immediately

Don't Keep It a Secret

Locate Help

Inforn Chain of Command

Find Someone

Expedite

A photograph of an astronaut in a green spacesuit floating in space, holding a red rope. The Earth's blue and white clouds are visible in the background. The astronaut's suit has a US flag patch on the sleeve. Various pieces of equipment and a red cylindrical tank are attached to the suit.

SUMMARY

- **Warning Signs**
- **Protective Factors**
- **First Responders**
- **Local Resources**